



Pecan-Crusted Pork Tenderloin

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider
- ☐ 0.3 cup brown sugar packed
- ☐ 2 garlic clove minced
- ☐ 1 pound pork tenderloins trimmed
- ☐ 0.7 cup pecans chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon spicy brown mustard

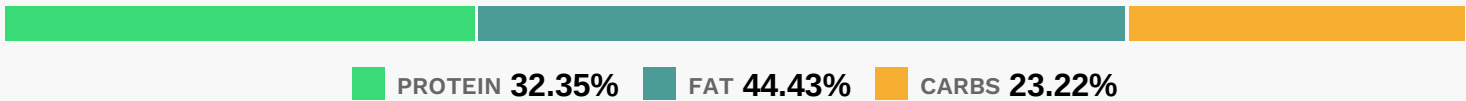
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Combine apple cider and pork in a zip-top plastic bag; seal and marinate in refrigerator 8 hours.
- ☐ Preheat oven to 40
- ☐ Remove pork from bag; discard cider.
- ☐ Combine sugar and next 4 ingredients (through garlic); rub over pork.
- ☐ Roll pork in pecans.
- ☐ Place pork on broiler-pan rack coated with cooking spray.
- ☐ Bake at 400 for 25 minutes or until a thermometer registers 16
- ☐ Remove from oven; let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:36.19, Glycemic Load:0.91, Inflammation Score:-3, Nutrition Score:19.437391520842%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.11mg,

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 313.01kcal (15.65%), Fat: 15.7g (24.15%), Saturated Fat: 1.93g (12.06%), Carbohydrates: 18.46g (6.15%), Net Carbohydrates: 16.46g (5.98%), Sugar: 15.55g (17.27%), Cholesterol: 73.71mg (24.57%), Sodium: 396.76mg (17.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.72g (51.44%), Vitamin B1: 1.26mg (84.33%), Selenium: 37.29µg (53.27%), Vitamin B6: 0.95mg (47.45%), Manganese: 0.91mg (45.58%), Vitamin B3: 7.85mg (39.25%), Phosphorus: 338.54mg (33.85%), Vitamin B2: 0.42mg (24.61%), Zinc: 3.02mg (20.11%), Copper: 0.34mg (16.87%), Potassium: 573.49mg (16.39%), Magnesium: 56.97mg (14.24%), Vitamin B5: 1.16mg (11.63%), Iron: 1.79mg (9.92%), Vitamin B12: 0.58µg (9.64%), Fiber: 2g (7.99%), Calcium: 36.79mg (3.68%), Vitamin E: 0.52mg (3.47%), Vitamin D: 0.23µg (1.51%), Folate: 4.46µg (1.12%)